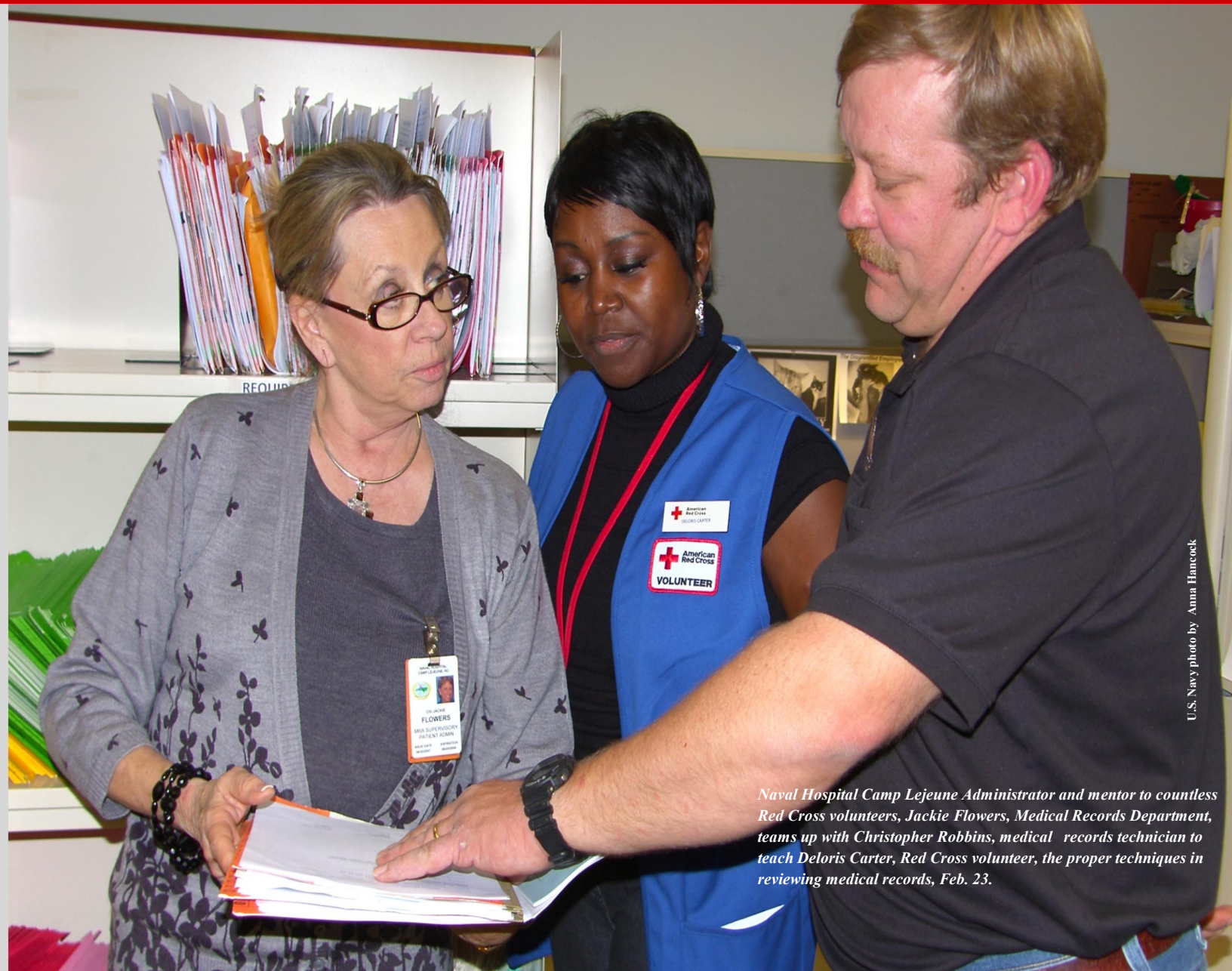


SCUTTLEBUTT

Naval Hospital Camp Lejeune

MARCH 2011



Naval Hospital Camp Lejeune Administrator and mentor to countless Red Cross volunteers, Jackie Flowers, Medical Records Department, teams up with Christopher Robbins, medical records technician to teach Deloris Carter, Red Cross volunteer, the proper techniques in reviewing medical records, Feb. 23.

Naval Hospital salutes Red Cross volunteers

Inside: Command coin design winner — NHCL supports EMF Kuwait

Spring is in the air!



Capt. Daniel J. Zinder
Commander
Naval Hospital Camp Lejeune

Like many who enjoy spring cleaning, 40 members of our leadership team recently spent two days revitalizing our Strategic Plan. I am proud to announce our new Command Vision: “**We Build Strength through Caring!**”

This Vision statement incorporates all that we do. As builders, we are active participants, today, and into the future. We build strength from illness and injury back to health; by improving health through prevention and wellness; and through force preservation and

increased readiness. And caring implies both compassion and the physical provision of care. I am very pleased that the idea came from Hospital Corpsman 2nd Class Shaun Hutsen, our 2010 Junior Sailor of the Year and the most junior member of the group!

The new Strategic Plan carries forward much of what we have been doing but we streamlined it to better align with the Command Philosophy, and we added a couple exciting objectives about the experience of care, the Medical Home, and research.

Keep an eye out for upcoming Captain’s Calls. Master Chief and I will be there to tell you about the plan, hear your thoughts, and talk about the incredible things happening at NHCL. This is a great place to be and it is my greatest pleasure to serve as your Commanding Officer!

D. J. ZINDER
Captain, Medical Corps
United States Navy
Commanding Officer

National Nutrition Month



To speak to a dietitian and learn more about “Eating right, with color” contact the Clinical Nutrition Division at 450-4238.

NO SECOND CHANCES

If you use and possess ‘Spice,’ herbal products, designer drugs, chemicals used for huffing, salvia divinorum, or products containing synthetic cannabinoid compounds...

YOU WILL GET CAUGHT, AND YOU WILL GET SEPARATED FROM THE NAVY!

For a complete list of off-limits establishments who offer prohibited substances to military personnel and civilian employees, visit <http://www.lejeune.usmc.mil/ig/>.

To read the Navy instruction reemphasizing Navy policy on drug abuse and prohibiting possession of substances, read NAVADMIN 103/10.

scut-tle-butt

n.

1. Slang for spoken communication; through the grapevine

2. Nautical

a. A drinking fountain on a ship; gathering place

b. A forum for NHCL staff to get ‘insider info’

SCUTTLEBUTT



Commanding Officer
Naval Hospital
Camp Lejeune
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Scuttlebutt is an authorized publication for Marines, Sailors, retirees and family members. Its contents do not necessarily reflect the official views of the U.S. government, the DoD, or the Naval Hospital Camp Lejeune Public Affairs Office.

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www.facebook.com/nhclejeune

JUST A CORPSMAN

By Hospital Corpsman 2nd Class Leo Benitez



As a former U.S. Marine Corps warehouseman serving from 1989 – 1994, Hospital Corpsman 2nd Class Leo Benitez, decided to return to the military, this time as a Navy corpsman, just after

September 11, 2001. Benitez came to Naval Hospital Camp Lejeune in Dec. 2010, and was assigned as the Leading Petty Officer in the Staff Education and Training department.

“I want to motivate Marines and sailors and help them understand what corpsmen really do,” said Benitez. “I hope the piece I wrote, *Just a Corpsman*, does just that.”

Do you or someone you know have a talent that should be featured in the Quarterly Showcase column? Whether it is a commitment to the community, talented writing skills, or a remarkable accomplishment, we want your human-interest stories!

Submit the information to the Public Affairs department at nhclpao@med.navy.mil by May 15 to be considered for the next quarter. Please keep all submissions to one-half page in length.

I am just a Corpsman

I am Francis Junior Pierce. I am John Bradley. I am John Harlan Willis.

I am just a Corpsman

I am fearless, dedicated, tough and caring. I have delivered babies and treated the old.

On submarines I have performed appendectomies even though I am no surgeon. I do this because it is what needs to be done. I will transfer my own blood to your body from mine if that is what I have to do. I have the skills to keep you breathing even if you have no face. I will stop the blood from leaving your body in a single-minded effort to save your life, while ignoring everything else.

When you are injured there are three things you scream out: “Oh God!” “Momma!” and “Corpsman up!” I have taken an oath to do this. I take that oath very serious.

I am just a Corpsman

I have always been with you. During the freezing winter in the Chosin Reservoir, Okinawa, Belleau Wood, TET offensive, Somalia, Desert Storm, Iraq and Afghanistan, I kept you alive so that you could continue to do what you do best. I carried all that extra weight in the form of equipment to keep you alive. I repelled the enemy out of Kuwait with you. I live in that battle position with you. I sleep next to you. I patrol with you. I suffer where you suffer.

I am just a Corpsman

I stand by you with pride. I cry when you cry, I cheer when you cheer. Your battles have always been mine. I practice medicine through firepower. I will gladly take a life to save yours and give mine in your stead. That is what I am here for.

I am just a Corpsman.

When the Marine Corps Hymn plays, I stand a little taller and a tear wells up in my eye because I know that it is also my song. I have earned that by blood. You did not give it to me, don't you see? Just like the blood represented by the stripe running down your leg, my Caduceus is also red.

I am just a Corpsman

CONSTRUCTION UPDATE

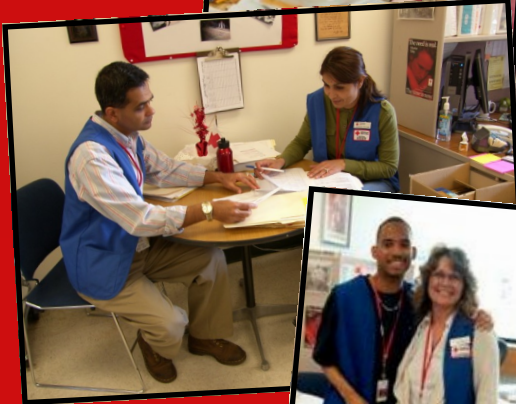


U.S. Navy photo by Hospitalman Timothy Buchheit

The crane and drilling mechanism shown above, will be drilling over 300 cast auger piles throughout March that will form the foundation of the new outpatient wing. Once this is complete, the crane and drill will move to the staff entrance side of the building where the pile-drilling will continue, and the foundation of the Emergency Department and MRI suite will be set.

In addition to the foundation work, the newest hospital parking area (adjacent to the barracks and staff parking) is nearing completion. Depending on weather conditions, the staff parking lot should be operational in early March forcing a shift in parking designations. A portion of the patient parking area will be designated for construction only and some areas of the existing staff parking area will be designated as patient parking. Staff will be directed to park in the remaining area of the current staff lot, as well in the new staff parking lot. We can expect additional parking areas to be constructed early this summer.

Red Cross spotlight



U.S. Navy photos

Naval Hospital s

By Anna Hancock
NHCL Public Affairs

Dressed in her bonnet, red bow and dark skirt amongst the thousands of men in uniform fighting during the American Civil War Battle at Antietam, Clara Barton braved the raging artillery booming overhead to provide soldiers with food and medical support. As Barton tended to a soldier lying down from exhaustion, a bullet pierced her sleeve. Shortly thereafter, she realized the bullet that had come so close to taking her life, had taken the life of the man lying beside her.

Courageously, Barton continued on working tirelessly through the days and nights. Determined to serve the soldiers she had come to call "her boys" throughout the many wars to follow. At the age of 60 she founded the American Red Cross. It is her legacy, her hardworking and unwavering dedication to volunteer service that the Red Cross volunteers at Naval Hospital Camp Lejeune continue to uphold today.

More than 80 Red Cross volunteers have served NHCL since July 1, 2010, totaling more than 4,600 hours. Since the Red Cross Station's establishment on Marine Corps Base Camp Lejeune 68 years ago, the Red Cross volunteers have been working throughout the hospital as doctors, nurses, technicians and administrative assistants shortly after the hospital opened its doors in 1983.

"Each volunteer has a unique background and can offer the department a unique skill set," said NHCL Red Cross Assistant Station Manager Rosemary Dow. "They range from high school students to retirees and most supervisors agree that the spectrum of experience offers a fresh and often innovative perspective on their department's operations."

Director for Administration Cmdr. Matthew Case describes the Naval Hospital and Red Cross partnership as a win-win for all.

"Not only do Red Cross volunteers prove to be a vital part of hospital operations which enables us to meet our mission," said Case. "But the personal gains from the relationships that form between staff and volunteers are priceless."

Cmdr. Scott Dupree, director, Pharmacy Department, and supervisor of approximately eight Red Cross volunteers noted that most of the volunteers who work in the main pharmacy are military retirees or military spouses.

Sketch drawn by Lara James, former NHCL Red Cross volunteer

Pictured at the top right: Rosemary Dow, Naval Hospital Camp Lejeune's Red Cross assistant station



salutes Red Cross volunteers

March as “Red Cross Month”

“Our volunteers are often our customers,” said Dupree. “Any person that continues to serve their country by volunteering is invaluable, and the pharmacy staff appreciates their volunteer support tremendously.”

For husband and wife Ahmed Aslam and Nargis Aslam, volunteering with the Red Cross seemed only natural after Mr. Aslam’s 20 years of military service as a Navy doctor.

“We thought it would be a great experience after retirement,” explained Aslam. “I am working in Cardiology as an echocardiology technician and my wife works in the hospital’s Red Cross station office. We plan to continue volunteering indefinitely and simply enjoy giving back to the military community.”

The Naval Hospital Red Cross Station recruits Red Cross volunteers through programs established with Lejeune High School, local colleges, Second Dental Battalion, Naval Dental Command and Marine Corps Base Camp Lejeune.

After the volunteer is recruited, the Red Cross assistant station manager plays an integral role in the volunteer’s acclimation onto the Naval Hospital team. The assistant station manager works with the volunteer to help him or her obtain a Red Cross volunteer orientation; a Red Cross background check; and, all of the required HIPAA training. The assistant station manager also assists the volunteer with procuring a hospital badge, parking permit and a safety briefing.

If a supervisor identifies a need for volunteer help, the process for the supervisor to bring a Red Cross volunteer onboard is simple. The assistant station manager will work with the supervisor to draft a position description and choose a candidate from the volunteer applicants. Once a volunteer is identified, both the supervisor and volunteer will agree on the volunteer’s schedule, then a start date for the volunteer can be established.

Supervisors can contact NHCL’s Red Cross Assistant Station Manager Rosemary Dow at 450-4596 or the Red Cross Hospital Chair Nida Britten at 450-3271 to find out more information on staffing and volunteering.

“Ultimately, Red Cross volunteers free up the NHCL staff to perform their jobs or other tasks,” said Dow. “The few minutes that supervisors dedicate to obtaining Red Cross support, can potentially be a life changing experience for all.”

n manager, and several dedicated Red Cross volunteers.

HOSPITAL ROUNDS

NHCL Recreation / Morale Welfare and Recreation Committees presents:

Step Back to the 80's Prom Gala

March 19 from 7:00 PM—11:00 PM

Officers Club

Tickets are \$30.00 per person

Enjoy dinner, a cash bar and dancing

Cast your vote for Prom King and Prom Queen and buy photos of your Prom Night!

This event is open to NHCL employees. For more details visit the Share Point's Events Calendar.

Naval Hoops 2011

Intramural Basketball schedule



17 Feb – 6:00 PM vs. 10th Marines
17 Feb – 8:00 PM vs. 2D Intel Bn
23 Feb – 6:00 PM vs. Naval Hoops
1 March – 6:00 PM vs. 2D Mar Div
7 March – 9:00 PM vs. Disbo
8 March – 7:00 PM vs. I Co. HQSPT
10 March – 6:00 PM vs. MCCSSS
14 March – 7:00 PM vs. 2D AAV
16 March – 7:00 PM vs. 2D Tank Bn
24 March – 7:00 PM vs. Supply Bn
5 April – 7:00 PM vs. CLR-27 Aid Station

***All games are played at Goettge Memorial Field House*

SAVE THE DATE ...

For the 113th Hospital Corpsman Ball!

Date: June 17

Time: TBD

Venue: the Henrietta III riverboat sailing on the Cape Fear River in Wilmington

More details to come!

Tip of the Day:

Please contact **Kelly Pursel**, marketing project coordinator, at 450-3448, **if you need help preparing electronic and official printable materials** to disseminate information to staff and beneficiaries. Other services offered by the marketing department include, but are not limited to: designing business cards, flyers, posters, announcements, slide presentations, templates, posting "News and Events" information to Share Point, and a variety of instructional items.

NHCL supports EMF Kuwait

Approximately 12 Naval Hospital Camp Lejeune Individual Augmentee (IA) sailors graduated from pre-deployment training at the Naval Expeditionary Medical Training Institute (NEMTI) aboard Camp Pendleton, Calif., Feb. 18, before deploying as the final Navy-led Expeditionary Medical Facility (EMF) Kuwait. According to a Navy Medicine Support Command release, this will most likely be the last Navy medicine detachment to occupy EMF Kuwait because it is being turned over to the Army later this year.

TRICARE Operations Department team member of the month



Georgia Applewhite, supervisor of the Beneficiary Assistance Division, was recently recognized as TRICARE Operations Department "Team Member of the Month" for January.

Mrs. Applewhite led her division with excellence, assisting hundreds of beneficiaries with medical claims issues, and TRICARE Travel Program reimbursement. Additionally, Mrs. Applewhite provided coverage during a period of decreased manning to ensure that beneficiaries' Primary Care Manager (PCM) change requests and enrollment waivers were processed in a timely manner.

Well done Georgia!

Patient safety: job one!

By Jennifer Chandler
Quality Management Department

Doing the right thing, for the right patient, at the right time promotes patient safety. Every year, healthcare facilities highlight the importance

of patient safety by observing **Patient Safety Awareness Week (PSAW)**, March 6 — 12. PSAW is an annual education and awareness campaign for healthcare safety.

Be on the lookout for educational opportunities. Take time to look around your work space and consider all of the events that you are involved in every day with our patients. How can you improve the process and patient safety?



The Joint Commission is coming! The Joint Commission is coming!

By Lt. Cmdr. Jeffrey Huff
Quality Management Department

Now just what is the Joint Commission and why should we care? If you have worked in or around the health care profession for a few years, you may remember the acronym JCAHO, which stood for Joint Commission Accreditation of Health Care Organizations. That term is no longer used by the organization. The new name is The Joint Commission.

The organization was established in 1910. It has grown and changed throughout the years, however its primary focus



remains on patient safety and the delivery of quality care. It is an independent, not-for-profit organization. The Joint Commission accredits and certifies more than 18,000 health care organizations and programs in the United States. The Joint Commission accreditation and certification is recognized nationwide as a symbol of quality that reflects an organization's commitment to meeting certain performance standards.

Military Treatment Facilities are mandated by Department of Defense to achieve and maintain Joint Commission status. The Joint Commission Standards help us realize our mission and validate our delivery of safe and quality patient care.

The Joint Commission visits every two to three years. Our time is up, so get ready because the Joint Commission is coming!

Keeping it real

By Angel Pearson
Chairperson, Civilian Advisory Council



One of the constant presences at Naval Hospital Camp Lejeune is the Civilian Advisory Council (CAC). Since its establishment in 1995, the Civilian Advisory Council has strived to improve the quality of life in the workplace. The Civilian Advisory Council is comprised of twenty-two voting members, a union representative, and a military liaison officer.

Members meet monthly to discuss issues, concerns, and to propose recommendations for solutions to the Commanding Officer. The CAC's mission is to assist with improving activities regarding the command's working environment.

The Council is currently working on two major projects that will significantly add to the quality of life for civilians already assigned to the command as well as future employees. They include the start up of a command Tuition Assistance

program and the implementation of a command Sponsorship program. Both programs are being researched and should be available in the near future to present to the Commanding Officer for consideration.

Meetings are held on the first Tuesday of each month at 1:00 PM in the Directorate Suite conference room. All interested personnel are highly encouraged to attend. For more information about the Civilian Advisory Council, contact Angel Pearson at 450-3934.

Get your prescriptions delivered to your door!

Cdr. Scott Dupree
Pharmacy Department

Have a prescription to fill, but don't want to hassle with the hospital parking or construction on base? You may be eligible to mail it in and have it delivered right to your door.

The TRICARE Pharmacy Home Delivery Program is a benefit that some of our valued customers may not be aware of. All TRICARE-eligible beneficiaries registered in the Defense Enrollment Eligibility Reporting System (DEERS) and Medicare-eligible beneficiaries are able to use this convenient benefit. However, TRICARE beneficiaries who reached age 65 on or after

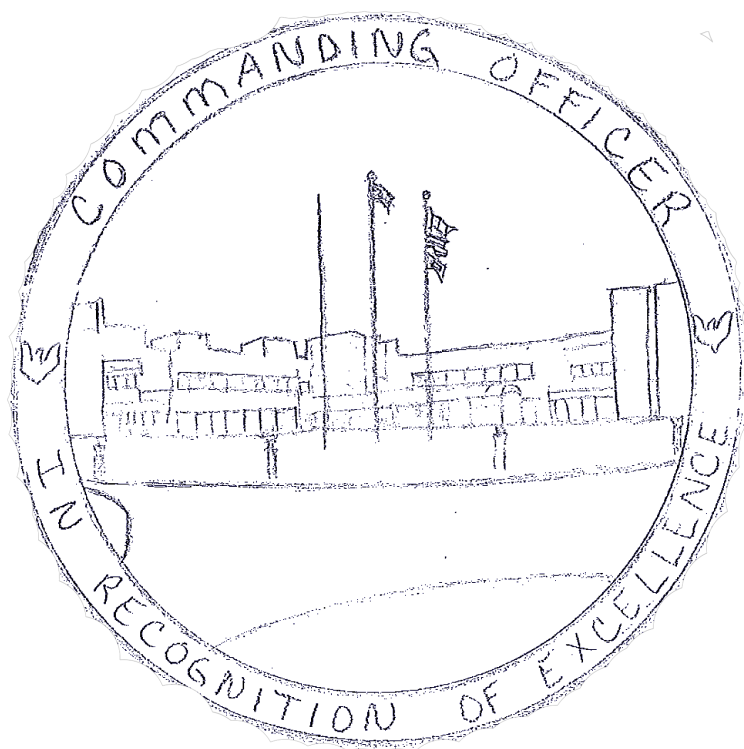
April 1, 2001, are required to be enrolled in Medicare Part B. If you choose not to enroll, your pharmacy benefit is limited to the medications available at MTF pharmacies.

TRICARE's home delivery program allows you to receive up to a 90-day supply of medications for minimal out-of-pocket costs. There is only one copayment for each prescription filled (up to a 90-day supply). The prescriptions are delivered to the patient with free standard shipping, and refills can be ordered easily online, by phone or by mail. Pharmacists are available 24 hours a day, 7 days a week, to talk confidentially with you.

To learn more about the TRICARE Pharmacy Home Delivery Program, visit www.express-scripts.com/TRICARE.

Introducing...

NHCL's new command coin



Front

Bravo Zulu! Hospital Corpsman 3rd Class Aaron Hernandez Marquez for the winning design in Naval Hospital Camp Lejeune's command coin contest! Hernandez Marquez's design was chosen from eight designs submitted by NHCL staff.

Hernandez Marquez won a parking spot for one month, a 96-hour special liberty, and a plaque with the first coin off the presses from the Commanding Officer.



Back

In line with military tradition, the command coin will represent NHCL's Commanding Officer and will be given to individuals based on merit or as a reward for outstanding service or performance of duty.

The command coin will be finalized and reproduced this month. Thank you to all those who participated!